

The Depression Intensity Scale Circles (DISCs)

The DISCs is displayed on a laminated card. Each circle is 2 cm in diameter. The scale measures 15 cm from the centre of the bottom circle to the centre of the top circle. A pictorial version also available.

Score range 0-5 (a multiplier of 2 may be applied to the DISCs data to make it compatible with NGRS data)

The DISCs may be freely used and copied, but please cite the following source reference, which also gives details of evaluation of validity and repeatability:

Turner-Stokes L, Kalmus M, Hirani D, Clegg F. *The Depression Intensity Scale Circles (DISCs): Initial evaluation of a simple assessment tool for depression in the context of brain injury*. Journal of Neurology, Neurosurgery and Psychiatry 2005;76:1273-8.

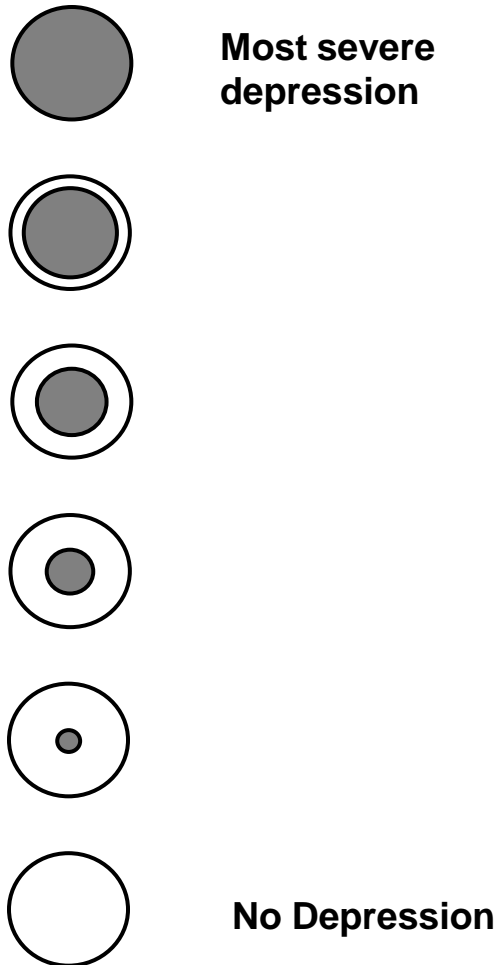
Further details on the assessment and management of depression in the context of brain injury are available in:

"Concise guidance for the use of anti-depressant medication in adults undergoing recovery and rehabilitation following acquired brain injury" Guidelines prepared by the British Society of Rehabilitation Medicine and the British Geriatrics Society. Published by the Royal College of Physicians, London 2005.

For further information please contact:

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Instructions for administration:

Say to the patient:

- This is a scale to measure depression
Please point to each of the circles in turn to make sure that you can see them all.
[Continue only if satisfactorily accomplished]
- The grey circles show how depressed you feel.
[Indicate the clear circle at the bottom]
- The bottom circle shows no depression.
[Indicate the fully shaded circle at the top]
- The top circle shows depression as bad as it can be.
[Pointing at each circle in ascending order]
- As you go from the bottom circle to the top, you can see that depression is becoming more and more severe.
- Which of these circles shows how depressed you feel today?

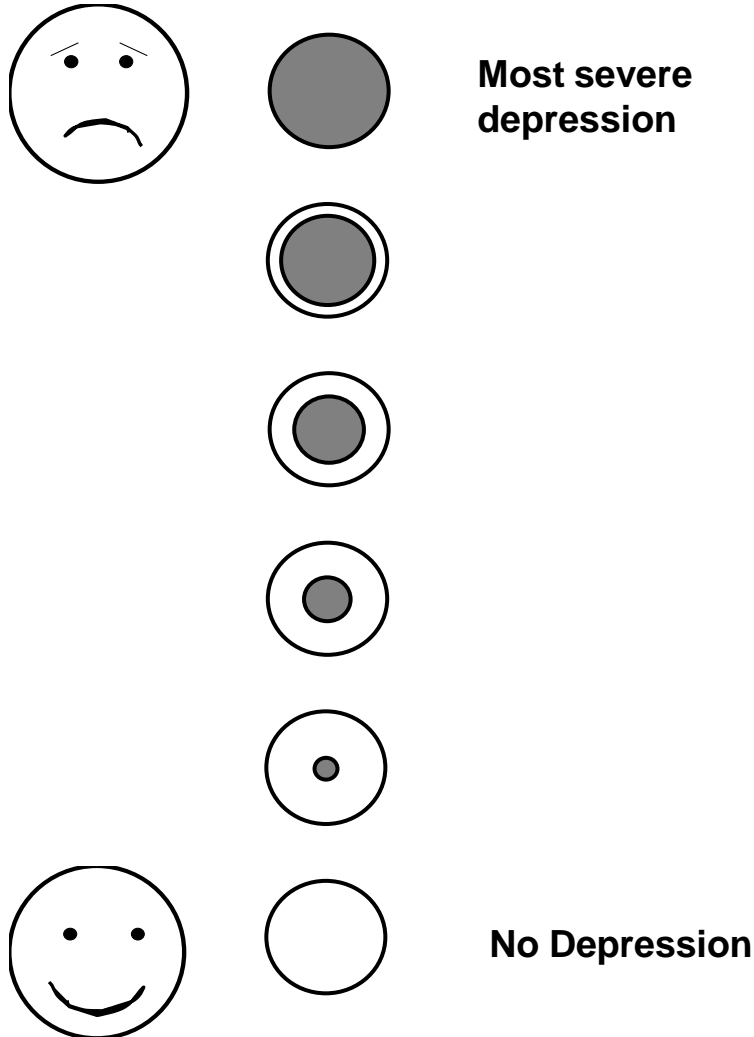
To the administrator:

In your opinion was the person able to understand this scale?

Yes No

Comment

The Depression Intensity Scale Circles (DISCs) – pictorial version



The DISCs is displayed on a laminated card.

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- A pictorial version also available.

Instructions for administration:

Say to the patient:

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Comment